## FOR IMMEDIATE RELEASE

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## A FAMILY BIKE RIDE

**GLENDALE, Ariz.** – Spring is in the air, making it a perfect time for a bike ride.

The 2006 Glendale Family Bike Ride is Sunday April 9 at Sahuaro Ranch Park, located at 59<sup>th</sup> Avenue and Mountain View Road. Registration for the ride is 7 –9 a.m. with the bike ride beginning at 8 a.m.

Participants will enjoy a free six or 12 mile leisurely bicycle ride through Glendale neighborhoods and sections of the Thunderbird Paseo Pathway.

Each participant will receive a free T-shirt and complimentary refreshment stops are available along the route.

Each rider is required to wear a helmet. Helmets may be purchased at the ride for \$10. The use of protective eyewear and other safety gear is strongly recommended.

Bike safety information will be available at the registration table. In addition, experts will be onsite to inspect children's helmets to check for proper wear. GUS the Bus will continuously circuit the route to pick up any riders struggling with disabled bikes or aching legs.

Bike routes and registration information is available at <a href="http://www.glendaleaz.com/transportation">http://www.glendaleaz.com/transportation</a> .

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